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PATIENT NAME

PATIENT ID

DOCTOR

**CHECK IN FOR YOUR PROCEDURE:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_  AM  PM

HyGleaCare GI Associates: 2510 Lakeland Drive, Suite 115, Flowood

Other: \_\_\_\_\_

**PAYMENT:** \$245 due upon arrival payable by cash, check, or credit or debit card.  
You may also use Health Savings Account (HSA) or Flexible Spending Account (FSA).

## HYGIEACARE PREP PROCEDURE

**This exam requires careful preparation!**

**\*\*Read through these instructions carefully at least 5 days prior to your procedure.\*\***

It is very important that you follow the full program of preparation. The results obtained from the exam are dependent on your colon being carefully cleansed and empty. An improperly prepared bowel may mean the exam will have to be repeated at another time, and more importantly, fecal matter left in the bowel can hide important conditions that may be present.

- Bring all current medications with you to the facility where your procedure will be done.
- **Five (5) days** before your scheduled procedure, **stop taking all** iron supplements.
- Please leave all jewelry and valuables at home. However, bring insurance cards and drivers license. You may want to bring a sweater.
- You will be given medication to make you sleepy. You must have someone with you who will be responsible for driving you home. The driver must be a responsible adult, 18 years of age or older. In the event that the driver is a licensed minor, a secondary adult must be available to sign the discharge orders. Any exceptions to this requirement must be made by the attending physician in advance. Patients are not allowed to leave alone by taxi or bus. If you must cancel your procedure, please notify this office as soon as possible.
- Your driver **must** remain at the facility.
- If you have issues with **constipation**, you need to start a **low residue diet 4 days before your procedure date**. A guideline of foods to choose on a low residue diet is included with these prep instructions.

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### **THREE DAYS BEFORE your procedure**

- Adhere to the Low Fiber/Residue Diet and follow medication instructions as ordered (see attached Low Fiber/Residue Diet handout).
- Milk of Magnesia 30ml at 6:00 p.m. May take at 8:00 p.m. if schedule does not allow 6:00 p.m. dose.

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### **TWO DAYS BEFORE your procedure**

- Adhere to the Low Fiber/Residue Diet and follow medication instructions as ordered (see attached Low Fiber/Residue Diet handout).
- Milk of Magnesia 30ml at 6:00 p.m. May take at 8:00 p.m. if schedule does not allow 6:00 p.m. dose.

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### **ONE DAY BEFORE your procedure**

- Adhere to a clear liquid diet all day. Clear liquids include clear broth, bouillon, apple or white grape juice, popsicles, Jell-O, Gatorade, lemonade, tea, coffee. **No purple, red, or orange colors. Nothing solid of any kind.**
- Clear liquids include water, clear juice, black coffee, tea, broth, jello, soft drinks, and popsicles (nothing red or purple, no dairy products, no orange juice, no alcohol).

## DOSE 1 Afternoon or Early Evening

- Take 2 Dulcolax tablets at 10:00 a.m. – preferred dose time if schedule allows.
- Take 2 Dulcolax tablets at 1:00 p.m. – preferred dose time if schedule allows.

**If your schedule does not allow the above Dulcolax instructions, follow the times below:**

- Take 2 Dulcolax tablets at 5:00 p.m.
- Take 2 Dulcolax tablets at 8:00 p.m.

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## The DAY OF your procedure

- Take 2 Dulcolax tablets in the morning when you awake at least 4 hours prior to procedure. **(You may take 3rd dose at night if procedure is scheduled early a.m. – preferred dose time night prior to procedure.)**
- Stop all oral intake 4 hours before your arrival time at HyGleaCare (except as indicated below):
  - You may take your essential morning medications (heart, blood pressure, or anti-seizure medication) with a 2 oz. (4 tablespoons) of water 2–4 hours prior to your arrival time at HyGleaCare, unless otherwise directed by your physician.
  - After you prep is completed, proceed directly to the endoscopy center. Bring the following to the endoscopy center:
    - Responsible adult driver to stay with you and drive you home. **Your procedure will not start without your driver present.**
    - Insurance Cards
    - Photo ID

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## BLOOD THINNERS

If you take any of the following medications, **let us know**. You will be given specific instructions based on the procedure you will be having.

Aggrenox (aspirin/ dipyridamole)	Eliquis (apixaban)	Pletal (cilostazol)
Arixtra	Heparin	Pradaxa (dabigatran)
Brilinta (ticagrelor)	Lovenox	Savaysa
Coumadin (warfarin)	Miradon (anisindione)	Ticlid (ticlopidine HCL)
Effient (prasugrel)	Plavix (clopidogrel)	Xarelto

**If you take Aspirin or Persantine (dipyridamole), please hold the dose on the day of your procedure.**

## HEART, BLOOD PRESSURE, AND SEIZURE MEDICINES

If you take medication for your heart, blood pressure, or seizures, please take these medications on the morning of your procedure with a small sip of water.

## DIABETIC PATIENTS

- Monitor your blood sugar while prepping for your procedure.
- Please make sure you have drinks available that are “regular” (not diet or sugar-free) in case you develop low blood sugar while you are prepping for your exam.
- If you take a pill to lower your sugar, **do not take it** before you check in for your procedure.
- If you take insulin, we will try to schedule your procedure in the early part of the day. **Do not take Humulin, regular or NPH insulin** before arrival on the day of the procedure.
- If you have an insulin pump, continue on your usual basal rate the morning of your procedure. When eating again, you can resume bolus doses.
- If you take any other insulin preparation such as Lantus, Humalog, or 70/30 Insulin then **you MUST CONTACT YOUR PRESCRIBING DOCTOR FOR INSTRUCTIONS.**

If you have any questions about these instructions please check our web site at [www.gi.md](http://www.gi.md) or call **601-355-1234** and ask for your **doctor’s assistant**.